

The Sourdough

S E N T I N E L

Dec. 17, 2004

Elmendorf Air Force Base, Alaska

Vol. 55, No. 50

Merry Christmas!

**Elmendorf team
brings smiles
to Arctic Village**

-- Page 3

Happy Holidays

Be a good wingman this holiday season

By Gen. Paul Hester
Pacific Air Forces commander

Team Elmendorf, as we enter the holiday season, I want to thank each of you for your service to our Air Force and our nation in 2004. In this busy year, Airmen of the 3rd Wing have played an important role in maintaining peace and stability in the Asia-Pacific region and around the world!

The holidays are a time to be with family and friends and to enjoy the good cheer of the season. However, not all of our Airmen are fortunate to be at home this holiday season.

We all know someone who is deployed on freedom's frontier, serving to bring liberty and freedom to Iraq or Afghanistan and to bring to justice those who would do us harm.

Please continue keeping those Airmen in your thoughts and prayers — sending them cards, notes and gift boxes, or looking out for their families while they're away.

The same goes with those young Airmen at Elmendorf who may be away from their homes for the first time this holiday season.

Please continue to be good wingman to them as well. Include them in



TECH. SGT. KEITH BROWN

Gen. Paul Hester, Pacific Air Forces commander, sat down with an injured troop at the 3rd Medical Group Hospital during the general's three-day visit to Elmendorf in November.

activities and ensure that they're okay.

To all the Arctic Warriors, Lynda and I wish you and your families a blessed and safe holiday season.

May God continue to guide and guard you and may the New Year bring you and those you love joy, peace and happiness.

"... I want to thank each of you for your service to our Air Force and our nation in 2004."

Gen. Paul Hester
PACAF commander

Action Line



Col. Michael Snodgrass
3rd Wing Commander

Do you have a problem you can't seem to get solved? Would you like to recognize someone for a job well done?

The commander's action line is your avenue to communicate your questions, comments and concerns directly to the commander, Col. Michael Snodgrass. Your calls will get the commander's personal attention and be answered in a timely manner.

If you have a question, call or e-mail the action line at:

552-2224
actionline@elmendorf.af.mil

The following commanders stand ready to help you and can answer the majority of your questions. If they can't help, then please call the Action Line.

Key phone numbers:

Lt. Col. Christopher Thelen, 3rd CES/CC
552-3007
Maj. David Aupperle, 3rd SVS/CC
552-2468
Lt. Col. Robert Garza, 3rd SFS/CC
552-4304

Delayed reporting

Q: A decision to allow delayed reporting due to inclement weather conditions is normally made by 4:30 a.m. At this time, radio stations are contacted to broadcast the information. The base's Straight Talk Line at 552-0101 is also updated with the latest information.

However, on Dec. 3, this process was delayed.

As a result, we received several action line calls regarding the late

announcement authorizing delayed reporting.

The individuals who were particularly affected by this were shift workers and those with alternate work schedules, as well as individuals who live in Eagle River, Palmer and Wasilla.

Unfortunately, some individuals had already begun their drive into work when the news of

authorized late reporting reached them.

A: "The complaints about the late decision on late reporting are valid.

Our process was in place but we failed to act in a prompt manner as the amount of snow accumulated well beyond the forecast amount.

We will do better in the future."

For the latest info on base closures and delayed reporting procedures, call the **Straight Talk Line** at 552-0101



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Best in DoD 2000

Best in Air Force

1999, 2000 & 2001

Best in PACAF

1998, 1999, 2000 & 2001

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3rd Wing Commander

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Chief, Public Affairs

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NCOIC, Internal Information

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3rd Wing Moment in History

Dec. 15, 1941:

Gen. Henry "Hap" Arnold, responding to a staff assistance visit report from an Army Air Forces air inspector, sent out notification that the Alaska Air Force would be equipped with one and a half pursuits with 195 aircraft, a heavy bombardment group with 68 aircraft, and a medium bombardment group with 85 aircraft.



■ **Second Lt. Tanya Heriot, Master Sgt. Robert Anderson, Staff Sgts. Christopher Garretson and Eugene Rhodenizer, Senior Airmen Daphne Rippy and James Palsgrove and Airman 1st Class Reese Schwiening,** 732nd Air Mobility Squadron, support was key to Team Elmendorf's expeditious host of eight, short-notice, 747 commercial aircraft diverts into Elmendorf due to extremely dense fog at the Ted Stevens International Airport.

Upon notification, this team immediately orchestrated ad hoc procedures with all involved federal and base agencies, ensuring each aircraft was properly received and supported upon landing.

The cooperative spirit of these professionals earned the air carriers' and ground support contractors' praise for a job well done.

■ **Senior Airmen Quinton Keller and Joshua McDonald,** 3rd Component Maintenance Squadron, successfully completed left wing engine isochronal inspections on a C-130 aircraft.

This dynamic engine inspections element team performed 215 inspections and 25 maintenance tasks.

Their work helped to ensure top quality T56 engines and propellers.

Also, their accomplishments earned them a "Zero Defect" rating from 3rd Maintenance Group Quality Assurance, which was the first perfect rating in more than 18 months.

Editor's Note:

The Dec. 17 issue of the Sourdough will be the last issue this year.

Publication will resume Jan. 7, 2005.

Elmendorf brings holiday cheer north

By Tech. Sgt. Theo McNamara
3rd Wing Public Affairs

You better not shout,
you better not cry,
you better not pout,
I'm tellin' you why,
Santa Claus is comin' to ... the village?

That's exactly what happened Tuesday, when the 517th Airlift Squadron made a special trip with Santa Claus to deliver Christmas presents and supplies to an Athabascan village in northern Alaska — a tradition that's been around for 37 years.

In 1967, when the 17th Tactical Airlift Squadron, the Firebirds, learned the Athabascan community of Arctic Village was in danger of going hungry, they responded. Arctic Village hunters were unable to reach the local caribou herd, their primary source of food, because of changed migration habits. As a result, the 17th TAS flew hunters to a reachable distance and transported their bounty back to the village.

"Saying the program has evolved over the years means different things to different people," said Mrs. Liz Feather, whose husband is Lt. Col. Otto Feather, 517th AS commander. "What undoubtedly remains the same is the commitment the Firebird family has had in sharing with this incredible community of people."

The trend of change had already begun to show the following year, when Santa Claus joined the team and flew with the Firebirds to the village. This time the C-130 came loaded with food, winter clothing and supplies.

"This is an opportunity to celebrate and learn from the diversity within our state. This community isn't suffering from financial ruin, this journey is more about two communities coming together," explained Mrs. Feather.

According to the village's senior elder, Mr. Trimble Gilbert, the trip to Arctic Village couldn't be described any better.

"When I was a young man we didn't even know there was such a thing as Christmas," said Mr. Gilbert, who is also the village's minister. "But around this time of year people from other villages would travel by foot to our village to share their surpluses and we in turn would give them gifts to carry back to their village."

"It wasn't so much about the gift as it was



PHOTOS BY TECH. SGT. KEITH BROWN

Santa Claus, also known as Master Sgt. Bruce Lund, is greeted by local villagers after a C-130 from the 517th Airlift Squadron arrives Tuesday at Arctic Village in northern Alaska.

learning about each other and from each other," he said.

The minister later stood in front of the gathering in the small log cabin community center and reminded everyone, "It's now up to us to teach our young children the importance of sharing."

Before beginning his speech, the elementary school children performed a small play, *The Shoemakers and the Elves* and a chorus of Christmas carols followed. But it wasn't until after the C-130 landed and Santa started calling names that the celebration truly began.

"I love the C-130 Santa. I've been hoping he would come here. I told my little sister he would and he did!" said 5-year-old Jewel Gilbert. "We asked him to bring us a Barbie and a Care Bear for my little sister and he did. He also brought me some clothes and boots for my Barbie."

The children weren't the only people feeling the joy of giving and receiving.

"When I was a little girl, Santa Claus would fly over, waving from the side door, and the men

would drop Santa's gifts out the back," said Ms. Bertha Ross, village resident. "It was the most exciting thing for the whole year."

Even though much has changed in 37 years for the villagers, as well as the volunteers, Ross says she still feels the excitement she did as a little girl, staring into the sky as Santa and his helpers dropped treasures into their community.

"I get so much pleasure from watching the next generation experience the magic of this unique Christmas tradition," she said.



Above: Members from the 517th share in a meal prepared by members of Arctic Village. Left: Kobe Nickolai, Arctic Village resident, unwraps his present from Santa Claus. Below: Area residents gather at their community center.



Base engine experts ensure mission excellence

By Capt. Eric Badger
3rd Wing Public Affairs

Out of the 105 combat-ready spare F-15 aircraft engines owned by the Air Force, the 3rd Component Maintenance Squadron's propulsion flight is home to 50 of them.

No other base in Air Force history has owned more spare F100-PW-220 engines at one time. Air Combat Command held the previous record, reaching a combined total of 36 in June 2000. The bases that contributed to the overall ACC total included Nellis Air Force Base, Nev., Seymour Johnson Air Force Base, N.C.; and Mountain Home Air Force Base, ID.

"We have two engines per every F-15 aircraft that flies here," said Chief Master Sgt. Timothy Shannon, 3rd CMS propulsion flight chief. "We have a certain number of extra engines that are held as spares. When an engine goes bad in a jet, we replace it with a spare. We repair the bad engine and turn it into a combat-ready spare engine. The amount of flying hours a wing conducts drives how many spare engines are on station."

Much like the 3,000-mile maintenance checkup on a vehicle, the aircraft are given routine checkups after every 200 flying hours, called aircraft phase inspections, by the 3rd Equipment Maintenance Squadron. While the inspections are being done, the propulsion flight performs preventative maintenance on the engine to

increase its longevity.

The propulsion flight is made up of approximately 160 military members. Daily, the flight works closely with each flying squadron's Aircraft Maintenance Unit on the flight line. As an AMU-equivalent, the flight handles engine malfunctions, which require removing the engine from the aircraft.

In a matter of a few hours, one of the \$3.8 million engines can be removed from an aircraft. The engine repair process could take an eight-person crew anywhere from 10 days to two months, according to Chief Shannon.

The crew disassembles the engine and fixes the problem. Then, the engine is reassembled and tested for leaks and correct operation. Afterward, the quality assurance team completes one final check before the engine is placed on the combat-ready spare engine line.

The flight does routine checkups on engines based on the amount of flight hours or throttle movement cycles. The most common reason for engine damage is the heating up and cooling down of the engine due to throttle movement, said Chief Shannon.

"This has been an all-around team effort," said Capt. Matthew Pollock, 3rd CMS maintenance operations officer. "Due to the combined efforts of Pacific Air Forces Headquarters, the propulsion flight, flight line maintenance, engine management and the phase inspection team, our overall engine removal rate is lowering as our spare rates steadily increase. Due to quality

maintenance, there have been no unscheduled engine removals in the last two months."

The flight's maintenance techniques are based on Reliability Centered Maintenance as opposed to the older system of on-condition maintenance. Under the older system, crews would only fix the immediate engine problem. Based on the new RCM techniques, the flight not only repairs immediate problems, but they perform engine modifications and swap parts due for replacement in the near future.

"We're definitely ahead of the power curve on RCM," said Chief Shannon. "We want an engine to leave the shop and stay operational for as long as it possibly can. We don't want the engine to constantly be in for repairs."

The 3rd Maintenance Operations Squadron's engine management element tracks the engine parts and their estimated longevity to aid the propulsion flight in getting the most life out of every engine and its parts.

In conjunction with Pratt and Whitney engine manufacturers, engine parts are received from the Oklahoma City Air Logistics Center Depot located at Tinker Air Force Base, Okla., with assistance from Senior Master Sgt. Tom Murray, F100 logistics liaison officer.

Elmendorf's maintenance skills and philosophy have greatly minimized the depot's backlog of repairable engines and have provided the depot with crucial time to efficiently deliver quality parts, he said.

"F100-220 spare levels have steadily climbed over the past year, but recently other wings seem to have hit a plateau while Elmendorf keeps building spares," said Chief Master Sgt. Robert Schofield, PACAF propulsion chief. "It is remarkable to see an F100-220 propulsion flight, flying in multiple locations over an extended period of time, be so healthy in the engine spare arena."

According to Chief Shannon, the flight has been contacted by the Air Force Institute of Technology and various RCM group members to provide "best practice" information on how the flight effectively utilizes RCM concepts.

In coordination with the 3rd Civil Engineer Squadron, the flight is having a \$110,000 temporary storage facility built adjacent to their maintenance facility to provide extra space for the spare engines.

According to Col. Amy Bouchard, 3rd Maintenance Group commander, none of the propulsion success would be possible without extreme dedication and teamwork from all parties involved.

"I'm incredibly proud of the work they've done," she said. "It's truly a team concept with leadership starting from the youngest Airmen all the way to the chiefs. There is an amazing amount of pride in everything they do. Their job is mission-focused to make sure it's just not about producing an engine, it's about producing a quality product to generate sorties on a day-to-day basis."

Cub Scout receives award for saving sister

By Master Sgt. Tommie Baker
3rd Wing Public Affairs

The Boy Scouts of America, Western Alaska Council, presented the Honor Medal to Christopher Fernandes, 9, son of Josephine and Master Sgt. Troy Fernandes, 962nd Airborne Air Control Squadron, Nov. 12 for saving the life of his sister, Elizabeth, 6, during a family trip near Cooper Landing July 6.

The Fernandes family was just beginning their camping and canoeing trip down Quartz Creek and had floated several hundred yards down the creek heading toward Kenai Lake without incident.

“Without any warning, our canoe hit an unseen boulder beneath the water and we were immediately capsized, throwing all four of us into the fast moving and frigid glacial waters. Neither my wife nor I were in an immediate position to help either Christopher or Elizabeth,” said Sergeant Fernandes.

With the creek flowing at approximately 19 miles per hour and the water temperature at about 45 degrees Fahrenheit, the family continued to be pulled downstream.

Christopher managed to keep his orientation. With one hand holding onto the capsized canoe and the other hand grabbing his sister’s lifejacket, he was able to keep their

heads above water.

“This decisive action leaves us with little doubt that Christopher’s selfless action, while being in immediate threat of personal significant injury, saved Elizabeth from probable drowning or fatal trauma had she continued downstream into an even swifter current and deeper river waters, where numerous submerged trees and brush loomed,” said Sergeant Fernandes.

“I didn’t do anything special,” said Christopher. “As soon as we fell into the water, I reached for my sister. That’s what I was told to do when dad explained things to us before we started the trip.”

Once on shore with Elizabeth, Christopher recognized that both he and his sister were rapidly losing their body temperature and displaying symptoms of mild hypothermia, so he applied the buddy-huddle to conserve body heat, said Sergeant Fernandes.

His mother was trapped on the opposite side of the river, and his father was still being swept downstream in the strong current, but Christopher remained calm and continued to care for his sister until Sergeant Fernandes was able to make it to shore and back to his two children.

Mrs. Fernandes was quickly reunited with her family and they all

returned home safely.

Christopher is a member of Cub Scout Pack 25, chartered by Chugach Foothills Ward, Church of Jesus Christ of Latter Day Saints. Sergeant Fernandes is the Pack committee chairman.

A lot of work was done behind the scenes to ensure Christopher received the Honor Medal, which is as important to the BSA as the Silver Star Medal is to the military, said Sergeant Fernandes.

Eyewitness statements and other reports were sent to the BSA National Office in Irving, Texas, so it could be determined whether or not Christopher would receive this medal, according to Sergeant Fernandes.

The National Court of Honor committee is responsible for ensuring the accomplishment of the BSA mission, which is to prepare young people to make ethical and moral choices over their lifetime.

Once the committee granted approval, Mr. William Haines, the Western Alaska Council Scout Executive, was notified and Christopher was awarded with the medal here, said Sergeant Fernandes.

“Chris is a very talented young man. His mom and I are extremely proud of his actions in saving his sister. We’re just so grateful that he’s our son,” said Sergeant Fernandes.

Arctic Warrior commits adultery, gets Article 15

■ An airman from the 3rd Equipment Maintenance Squadron failed to go to work on time, and wrongfully appropriated a poker table, poker chips, and movies, of a value less than \$500.

His punishment included reduction to airman basic, forfeiture of \$596, and a reprimand.

■ An airman 1st class from the 3rd EMS committed adultery.

His punishment included a reduction to airman, suspended forfeiture of \$668 pay per month for two months, restriction to the limits of Elmendorf for 45 days, and 45 days extra duty.

■ An airman 1st class from the 3rd Communications Squadron was drunk and disorderly and assaulted a non-commissioned officer.

His punishment included a suspended reduction to airman, forfeiture of \$100 pay per month for two months, restriction to base for 30 days, 15 days extra duty and a reprimand.



Staff Sgt. Amanda Johnson

Duty title: 90th Fighter Squadron, NCOIC aviation resource management
Hometown: Buffalo, N.Y.
Hobbies: Cooking
How she contributes to the mission: Responsible for tracking all training and flying requirements to ensure all aircrew are mission capable and combat ready
Time at Elmendorf: Almost seven years
Best part of being in Alaska: The summer
Supervisor’s comments: “Amanda is the backbone of the flight operations section. Her knowledge of flying requirements and attention to detail ensure that when our flyers step up, they are current and ready.” Capt. Brian Montgomery



PHOTOS BY STAFF SGT. PRENTICE COLTER

Staff Sgt. Mark Buffit

Duty title: 3rd Wing, senior command post controller
Hometown: Bergenfield, N.J.
Hobbies: Computers, fishing, music and playing guitar
How he contributes to the mission: Is the focal point for information flow between all Alaska military agencies, Alaska/Elmendorf commanders and higher headquarters
Time at Elmendorf: One year and 10 months
Best part of being in Alaska: Fishing
Supervisor’s comments: “He is the emergency actions expert on base. His calm demeanor is key to getting the job done, during F-15 scrambles, in-flight emergencies and other actions that we handle daily from Eielson Air Force Base, Fort Richardson, Fort Wainwright and the Coast Guard at Juneau.” Master Sgt. Ronald Albers

Muldoon Gate closure

The Muldoon Gate will be closed Dec. 24 through Jan. 2 for the Christmas/New Year holiday season. All other gates will be open as usual. For questions, call 552-5665.

Holiday party

A holiday party for families of deployed military members is Tuesday from 5 to 8 p.m. at the Elmendorf Fitness Center gym. The party will include gifts for all children from Santa and Mrs. Claus, games and crafts. Food and drinks will be provided for everyone, and everything is free.

For more information and to RSVP, contact your spouse’s unit’s first sergeant or the Family Support Center.

Iditarod holiday meal

The Iditarod Dining Facility will have a Christmas Meal Dec. 25 from 11 a.m. to 2 p.m. for all meal-card holders, military members and their families, and military retirees and spouses with valid identification cards.

Bargain Shop closure

The Bargain Shop will be closed Monday through Dec. 31 for the holiday season. The shop will reopen Jan. 3. The Bargain Shop’s hours of operation are Mondays, Wednesdays and Fridays from 10 a.m. to 2 p.m.

Reenlistment hours

The reenlistments office in the military personnel flight has changed its hours due to personnel constraints resulting from deployments and PCS moves.

The office will operate under the new schedule until Jan. 31. Appointments will be scheduled from 9 a.m. to noon, walk-ins will be from 1 to 3 p.m.

To schedule an appointment or for more information, call Tech. Sgt. Truth Clark at 552-2638.

Housing flight

■ The housing flight will be closed on Dec. 24, 27 and 31, and Jan. 3 for holidays/family days. If you have to file a temporary lodging allowance request, prepay at the North Star Inn or early at your off-base hotel, and then come to the Housing flight and file your request.

■ The housing flight has appliances, furniture and other home furnishings available to qualified members. The equipment is available as a loan.

For more information, call 552-2599.

Club membership policy

■ The Susitna Club offers lunch and evening dining and Sunday brunch, and is open to all ranks. The bar in the basement of the club, called The Cave, is for officers and civilian equivalents (GS-7, NS-8, NL-6, NA-12, WS-8, WL-6, WG-12 and NF-III), and is open Friday afternoons/evenings only. The upstairs lounge is for all ranks for special functions.

■ The Kashim Club and Six Mile Chalet host special functions that may include meals. The bar in the Kashim Club is for enlisted and civilian equivalents (all other grades not listed above). The only exceptions are for special events, as “Boss and Buddy” night.

For questions, call Ms. Shyrel Mason at 552-2345.

Swim lessons

Registration for the following swim lessons is under way at the Fitness Center: beginner on Tuesdays and Thursdays from 5-5:30 p.m. or Saturdays from 11 p.m. to noon; and advanced beginner on Tuesdays and Thursdays from 5:30-6 p.m.

Classes begin in January, cost \$40 and must be registered for in advance. For questions, call 552-2361.

Youth soccer sign up

Visit the Youth Center today through Jan. 14 to register for the 2004 youth soccer season for ages 5-18.

Participants must be active Youth Center members to participate who have paid all their membership fees. They must also have a physical exam with current immunizations.

For questions, call 552-KIDS.

Christmas tree permits

Permits to cut a Christmas tree on base are available through Dec. 24 at the Wildlife Museum. Permits for individual households are \$5. Permits will be limited to one per household and will be available only to households of active-duty military members, retirees or DoD civilians.

For more information, 552-2436.

Heritage committee

The Elmendorf African American Heritage Committee is looking for ideas and assistance for its February 2005 events. Meetings are Thursdays at 1 p.m. in room 311 of the People Center. For more information, call Tech. Sgt. Angela Howell at 552-4803.



Chapel Schedule

Catholic Parish

■ **Monday through Wednesday and Friday Mass:** 11:30 a.m. at the Chapel Center
■ **Thursday Mass:** 11:30 a.m. at the Hospital Chapel
■ **Sunday Mass:** 10:30 a.m. at Chapel 1
■ **Sunday Evening Mass:** 5 p.m. at Chapel 2
■ **Confession:** 6 p.m. Saturdays at Chapel 2

Protestant Sunday

■ **Liturgical Service:** 9 a.m. at Chapel 2
■ **Celebration Service:** 9 a.m. at Chapel 1
■ **Gospel Service:** noon at Chapel 1
■ **Fellowship Praise:** 6 p.m. at Chapel 1

Religious Education

■ **Catholic Religious Education:** Sunday at 9 a.m. at the Chapel Center.
■ **Protestant Sunday School:** 10:30 a.m. at the Chapel Center.

For more information, call the Chapel at 552-4422.

Explosives technicians do bang up job

By Staff Sgt. Mike Edwards
3rd Wing Public Affairs

“Incoming,” a voice cries over the din and confusion of people scrambling to take cover from the latest round of mortar attacks.

The seconds tick by. Silence ensues. Nothing happens.

There is no explosion, but that doesn’t mean everything is safe.

This is just the type of scenario which has played out time and time again throughout history and which our fellow comrades-in-arms face on a daily basis in deployed locations throughout the world.

Explosives are dangerous and unexploded munitions can be just a click, bounce or touch away from exploding.

When everyone else is moving away from such devices for safety’s sake, there is one group of intrepid souls they pass heading in the opposite direction.

Explosive Ordnance Disposal technicians know just how to handle such situations.

“It is our job to disable an explosive device,” said Tech. Sgt. Chris Schott, 3rd Civil Engineer Squadron, noncommissioned officer in charge of EOD resources. “Due to the nature of our work, this is an inherently dangerous job. This is the last place for someone with an ego or hero-complex.”

Trust and training are two things Sergeant Schott says it takes to make it in EOD.

“We live and die by our procedures and our safety measures,” he said. “You have to be able to place your entire trust in the man or woman standing next to you. The actions they take can mean the difference between life and death.”

“Training is the lifeblood of an EOD tech,” said Staff Sgt. Philip Andrews, 3rd CES, EOD techni-



STAFF SGT. PRENTICE COLTER

Airman 1st Class Gordon Hohman, 3rd Civil Engineer Squadron, approaches a suspicious package as part of a training scenario.

cian. “We are constantly training to stay abreast of current threats. This gives us the edge we need to counter them.”

EOD training begins with a six-day preliminary course at Lackland Air Force Base, Texas, following Basic Military Training. This course is designed to screen candidates prior to sending them through further training.

Once they successfully pass the six-day course, students then go to Eglin AFB, Fla., to attend the Naval School for Explosive Ordnance Disposal for the next seven months.

“This is one of the hardest schools to get through in the Department of Defense,” said Sergeant Schott. “The preliminary course alone has a 50-percent attrition rate. We then lose another 43 percent in the course that follows.”

When it comes time to disable explosive devices, EOD technicians have a wide variety of options at their disposal.

“We can use portable X-ray devices, water cannons, 80-pound blast protection suits, metal detectors, other explosives and even robotic vehicles,” said Sergeant Schott, a 17-year veteran of EOD. “By far the best tools we have in our inventory are our brains and our hands. We have to come up with a plan of attack, often with minimal information, and then put that plan into action.”

The camaraderie they feel and the reliance each team member has on every other team member is one of best things about the job, according to Sergeant Schott.

“Our team chiefs solicit the opinions of each member of the team before making a decision,” said Airman 1st Class Scott Saenz, 3rd CES EOD flight apprentice. “Everyone brings a wealth of knowledge and experience to the table.”

This ability to rely on each other and the constant training seem to be paying off.

“Out of our unit, we have six people deployed to Afghanistan,” Sergeant Schott said. “They have safely performed more than 170 search-and-destroy missions, destroying more than 40,000 pounds of munitions. These munitions, which could have been used by terrorists, are no longer available to be used against our troops.”



Civil Engineer garners top civil service award

By Mr. Jon K. Scudder
3rd Wing Public Affairs Environmental

Mr. Dennis Mattson, Elmendorf’s base civil engineer, was presented with the Air Force Exemplary Civilian Service award from the 3rd Wing commander during a ceremony at the 3rd Civil Engineer Squadron Dec. 9.

The Exemplary Civilian Service award recognizes civilian employees for outstanding performance and is considered one of the most prestigious public service awards.

At the ceremony, Col. Michael Snodgrass, 3rd Wing commander, commended Mr. Mattson for his exemplary contributions to the Air Force.

“Dennis has been our go-to guy for years,” said Colonel Snodgrass. “There is nothing like being able to go to him with a problem, tell him to take care of it, and be able to walk away knowing he will take care of it. Leaders such as Dennis are vital to the success of our mission.”

Mr. Mattson’s contributions include awarding the Department of Defense’s largest Energy Savings Performance Contract project to replace the base’s vintage 1950’s heat and power plant and leading the Air Force’s most aggressive and successful housing privatization initiative.

The privatization initiative includes the demolition of 728 homes, renovation of 216 existing units and the construction of 1,180 new homes.

In addition, Mr. Mattson’s pursuit of funding resulted in more than \$12 million being secured for significant improvements to the base’s civil engineer operations and infrastructure, including nine miles of road repair and new road interchanges, roof repairs, and installation of natural gas pipelines in association with de-centralized heat for buildings.

Upon receiving the award, Mr. Mattson praised his co-workers for their efforts. “The men and women of the 3rd Civil Engineer Squadron deserve the credit for making me shine,” said Mr. Mattson. “I couldn’t do any of these things without their tremendous efforts. I have to thank them for everything.”

He said what made this award special was who it came from. “It is nice to be recognized by your bosses, it is great to be recognized by your co-workers, but, it is fantastic and amazing to be recognized by the folks that work for you,” added Mr. Mattson. “That is what really makes this award special to me.”

Mr. Mattson, a Massachusetts native, has been the base civil engineer since August due to the deployment of 3rd CES commander, Col. Christopher

Thelen, who is expected to return in January 2005. Normally, he serves as the deputy base civil engineer and has performed in this role since November 1989.



PHOTOS BY AIRMAN JONATHAN THRASHER



Above: Mr. Ken Walters, right, 3rd Civil Engineer Squadron project manager, updates Mr. Dennis Mattson, base civil engineer, on Phase II construction of the Private Sector Financed Housing project Monday. **Left:** The latest phase of the privatized housing project is under way adjacent to the Base Hospital.

41 technical sergeants graduate NCO Academy

The following technical sergeants graduated from the Noncommissioned Officer Academy Class 05-2:

John L. Levitow Award
Rachel L. Kirkpatrick, 3rd WG

PME Center Commandant Award
Herschel Deaton, 3rd CES

Academic Achievement Award
Gary Bowman, 3rd CMS

Distinguished Graduate Awards
Herschel Deaton, 3rd CES
Christopher Lilly, 3rd EMS
William Paul, 168th OSF

Graduates
Michael Belt, 354th AMXS
Blaine Bish, 611th ASUS
Dickie Burns, 3rd EMS
Kirk Coen, 354th LRS
Antonio Gonzalez, 962nd AACs
Mark Guerin, 3rd AMDS
John Howard, 3rd SFS
Karen Leufroy, 3rd CPTS
Andrew Lewis, 3rd CES
Brett Odom, 3rd EMS
Craig Reid, 354th LRS
Patrick Ryan, 354th LRS
Perry Torgeson, 3rd CMS
Delbert Brown Jr, 3rd CES
Robert Crosby, 354th AMXS
David Dague, 3rd MDSS
Allen Darrow, 354th MXS

James Greening, 3rd EMS
Darnell Holliman, 354th MXS
Keith Johnson, 3rd SFS
Gregory Lambert, 3rd EMS
Clement Lipscomb Jr, 3rd SFS
James Ragan, 354th AMXS
Stanley Simmons, 3rd LRS
Shane Asia, 3rd SVS
Jeanne Hansen, 3rd MDSS
Jeffrey Holder, 3rd LRS
James Jelly, 354th MXS
Shawn Lavoie, 732 AMS
Donald Lester, 962nd AACs
Darrell Pugh, DET 14 372nd TRS
Kenneth Russell, 354th LRS
John Ryneski, 3rd AMXS
Emmanuel Stockdale, 3rd LRS
Ronny Ziesmer, 381st IS
Shawn Hudson, 611th ASUS

2004 in review



Workers lower a static display F-15 aircraft to its final resting position in front of the Boniface Gate in October. The move from Hangar 4 required shutting down the Glenn Highway and removing road signs and fences for several hours.

AIRMAN 1ST CLASS GARRETT HOTTHAN



TECH. SGT. KEITH BROWN



1ST LT. AMY HANSEN

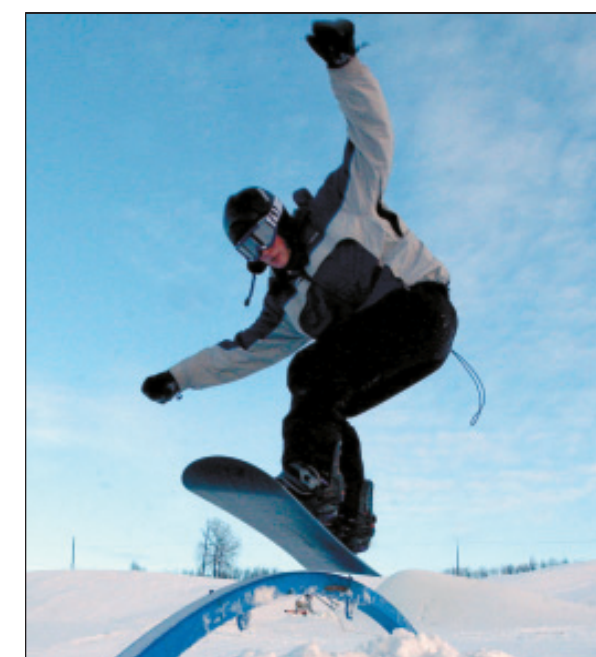
Above: A 19th Fighter Squadron team celebrates their first-place victory in the William Tell competition in November. William Tell was an air-to-air weapons meet at Tyndall Air Force Base, Fla.

Left: Senior Airman Raynard Tsukiyama, 3rd Aircraft Maintenance Squadron, marshals an F-15E aircraft during Cope India at Gwalior Air Station, India, in February. The exercise was the first bilateral air combat exercise between the U.S. Air Force and Indian Air Force in more than 40



SENIOR AIRMAN JOE LAWS

Arctic Warriors run 1.5 miles as part of the new Air Force Fitness Test. The Fit to Fight concept was released this year and Elmendorf began its testing in May. A new track was built behind the Fitness Center in support of this.

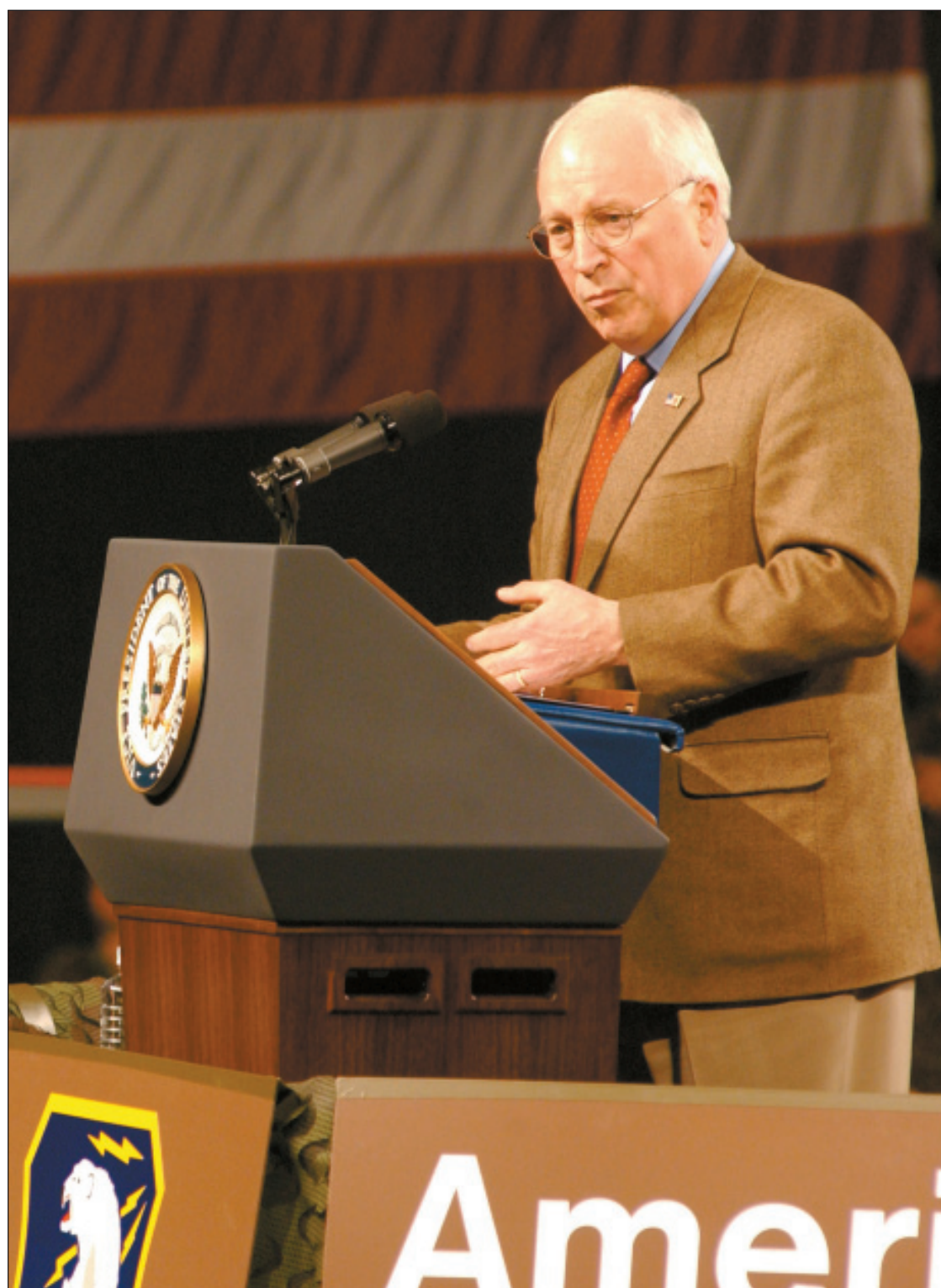


STAFF SGT. RHIANNON WILLARD



STAFF SGT. PRENTICE COLTER

Left: Chris Sutton, 17, rides the new Terrain Park that opened at the Hillberg Ski Area in January. Below: Ms. April Schuffer, Army and Air Force Exchange Service employee at the base clothing office, fits an Arctic Warrior with a new Air Force Battle Dress Uniform in March. Elmendorf is one of the nine bases selected to wear test the proposed new uniform.



TECH. SGT. SHARON BALTAZAR

Vice President Dick Cheney visits Elmendorf in April during a refueling stop en route to Asia to visit 11 countries.



STAFF SGT. SUE NUCKOLLS

Ms. Genevieve Holubik and Maj. Susan Kennedy, both from the 3rd Civil Engineer Squadron, review interior plans for the new Arctic Oasis Community Center. The Arctic Oasis opened in June and is adjacent to the Fitness Center. Other improvement projects on base included a new front gate at the Boniface and Government Hill gates.

Storming into new year with so many memories

By Staff Sgt. Mike Edwards
3rd Wing Public Affairs

The end of the year is quickly approaching, and what a year it has been.

As a fairly new arrival to the base, one thing I have noticed is this wing is a very, very busy place to be. There have been a great deal of activities and events which we have seen over the course of the year.

There have been a variety of exercises, both local and cooperative.

We've had a good number of our fellow Arctic Warriors deploy. We've seen base voters

turn out in record numbers during this election year. New fitness standards have been implemented and many have risen to the occasion to meet or exceed the commander's fitness challenge.

There are many memories and experiences we have had this year — some good and some not so pleasant.

What we learn from these experiences and how we grow from them is what shapes us and helps make us who we are.

To celebrate a year which has been so full, the editorial staff of the newspaper has put together a collage of photos to highlight some of the more memorable events from 2004. Enjoy.

SANTA TIME: Stop by the Polar Bowl Saturday for Bowl With Santa Day from 2-6 p.m. Children under the age of 15 can bowl with Santa for \$1.50 a game. 552-4108

Merry Christmas!

By 1st Lt. Tony Wickman
Alaskan Command Public Affairs

ACROSS

- 1. Reindeer
- 4. Part of circle
- 6. Type of sandwiches
- 10. Head of school
- 12. Thin
- 13. Navy equivalent to AFB
- 16. “Alias” actress
- 17. Othello enemy
- 18. Spy org.
- 19. Great Lake
- 20. Horse food
- 22. First name of 53 DOWN
- 24. Actress Taylor
- 25. Drill
- 26. Popular type for 62 DOWN
- 29. Place to get 6 ACROSS
- 33. Food for reindeers
- 37. One of Columbus’ ships
- 38. Doctor’s org.
- 41. Seep (2 words)

S	A	F	E	T	Y		S		S		S	L	O	T		
A	L	I		E	I	G	H	T	H			W	E	L	D	
N	O	R		A	N	N	A		A	B	O	D	E	S		
T	E	S	T				A	N	S	W	E	R				
A			T	E	D		W	E	E		A	D	A	M	S	
				A	Y	E	S			L	A	D		P	I	A
B			U	S	E	S			L	A	B	S		E	N	S
A	R	R	E	S	T		A		S			D	O	S		
R	U	G		S			M	O	O	D	Y		T			
K	E	E	P		O	S	I		R	O	E					
S			E		P	T	A		B	E	A	L	E			
D			E	P	E	E					S	H	E	E	P	
A	B	A	L	O	N	E			A	R	K		A	R	I	
L	O	N		P	E	R		L	I	I		S	I	N		
E	A	T		E	D	S		E	O	N		T	E	E		

Last week’s solution

- 43. News org. founded by Ted Turner
- 44. Decoration for 62 DOWN
- 46. Vote of agreement
- 47. GMT -0500
- 48. Region
- 49. Compass dir. for Dallas to New York
- 52. Type of computer storage disk
- 54. Popeye’s girl’s last name
- 55. ____ Alamos, N.M.
- 57. Knowledge
- 60. Decorative Christmas plant
- 65. Way to get troops/equipment into theater
- 67. Anger
- 68. “____ Father, who art in heaven”; Lord’s prayer
- 69. Reindeer with “bright, shiny nose”
- 70. Military pay statement, in brief
- 71. News org.
- 72. Places
- 73. Legally valid will before death

DOWN

- 1. Reindeer
- 2. Lawn tool
- 3. Type of admiral
- 4. Actress Hathaway of “The Princess Diaries”
- 5. Dicken’s “A Christmas ____”
- 6. Reindeer
- 7. Grasslands
- 8. Kid’s game
- 9. Christmas sight
- 11. Former White House spokesman
- Fleischer
- 14. General’s “helper”
- 15. Tale
- 21. Assist

1					2	3		4		5		6	7	8	9
					10		11					12			
13	14	15			16							17			
18					19					20	21				
22				23						24					
25						26	27	28			29		30	31	32
					33	34				35	36		37		
38	39	40			41						42		43		
44				45					46				47		
48						49	50	51		52		53			
						54					55		56		
	57	58			59		60		61	62				63	64
65						66			67				68		
69									70				71		
									73						

- 23. AF command charged with airlift
- 26. California city
- 27. AF pioneer, Gen. ____ C. Eaker
- 28. Troop nickname for South Korea
- 30. Aphid
- 31. Places to rest
- 32. Christmas Eve visitor
- 34. Model Carol
- 35. What 32 DOWN brings to child
- 36. Canal
- 38. Expression of regret
- 39. Russian space station
- 40. Period
- 42. Type of kite, maybe

- 45. Coiffures
- 50. Sprites
- 51. Inventor Whitney
- 53. “The Tell-Tale Heart” poet
- 56. Pores in epidermis of leaf or stem
- 57. Lucy in “Charlie’s Angels”
- 58. Former California fort
- 59. “Perry Mason” writer Gardner
- 61. Mineral between sand and clay
- 62. Christmas item that gets a “top”
- 63. Remove
- 64. Sea eagle
- 65. Craftsmanship
- 66. Make choice

Through the pain of separation, depression one Airman learns something about her friends, support network, that...

they’ve been there all along

By Airman 1st Class Lauren Sixbey
90th Space Wing Public Affairs

F.E. WARREN AIR FORCE BASE, Wyo. — For no apparent reason, a co-worker asked to speak with me in his office. After the door clicked shut he said, “Word on the street is you’re not doing so well.”

I was floored. How could I have let it show? I’d been doing such a good job of hiding it. The past three months of carefully shrouding my thoughts and true feelings were being called out on the carpet. I didn’t know what to say. Then a feeling of relief washed over me.

Three and a half months earlier I had said goodbye to my husband, a Marine deploying to Camp Fallujah, Iraq, for seven months.

I will never forget our last moments together. It wasn’t like I thought it would be. In the movies there are dozens, if not hundreds of people saying their good byes as well. There is somber yet heroic music being played in the background and there are tears a plenty.

When we arrived at Camp Pendleton, Calif., in the middle of the night on Aug. 7, there were no more than 15 other Marines and only one other wife. A burly staff sergeant was there barking orders. We spent nearly an hour just getting my husband’s things in order. He was busy getting his

weapon and ammo issued, while I tagged his sea bags and picked up his three MREs.

When there was nothing else to do but wait, we sat in near silence on the cold pavement and held each other knowing it would be more than half a year before we’d be able to see each other again. Neither of us cried then, probably because we didn’t want to draw the attention of the other Marines. All of the sudden the same staff sergeant who was issuing orders yelled, “Devil Dogs, get on the bus!” According to my husband’s itinerary he wasn’t supposed to leave for another hour. I easily forgave the staff sergeant though. It was an excruciating time and I was almost relieved that the horrible good bye was over.

I went to work the following Monday morning like nothing had happened. I put on a brave and cheerful face so that no one would guess my anguish. Unfortunately it worked. Everyday I went to work my co-workers asked me how I was doing. I smiled and always gave a similar positive response. I have always been good at hiding emotions.

After an especially difficult few months, dealing with my husband’s deployment and a particularly hard personal issue, I was at the end of my rope. There are no support groups for someone like me who is in an inter-service marriage without a joint spouse assignment. I sunk into a depression unlike

any I’d ever experienced.

On Nov. 12, during Air Force Space Command’s Wingman Focus Day, I acted like everything was fine as usual. The office staff went to the club for lunch and to play pool. The following Monday was when my co-worker talked to me.

I don’t know what came over me, but at that moment everything that had been held up inside for the past three and a half months came spilling out. He sat there patiently listening to me. Before I left the room he set up an appointment for me to talk to one of our chaplains the same day.

I always knew that chaplains were there for us, but I didn’t think my problems were severe enough to merit getting help. The calmness I felt as I left the chapel that day was incredible.

Neither my co-worker nor the chaplain judged me. My greatest fear was unfounded. If only I hadn’t been so afraid a few months ago, I probably would have spared myself a lot of pain.

I don’t know if it was our focus day that prompted my co-worker’s concern or if it was something he had been thinking about for a while, but I’m glad he took the time out to help me. I know that the next few months will be much easier than the last few because I have got a support system all around me. They have been there the entire time, I just never noticed.

Sports News

Beat the boss with winter fitness ideas

By Ms. Leyla Kelter
Elmendorf Fitness Program Consultant

Col. Michael Snodgrass, 3rd Wing commander, has issued his challenge for the next fitness testing cycle. Anyone scoring at least 10 percent better than his run will receive a one-day pass. Last cycle he scored 40.5 points — who knows what he will do this time? Any male that beats the Colonel’s push-up total (76 last cycle) or any male who beats his crunch total (64 last cycle) will receive a one-day pass. All females who beat their maximum push-ups or crunches by at least one will also receive a one-day pass.

The caveat this testing cycle is that in order for the member to receive the one-day pass, they must test within 30 days of when Colonel Snodgrass tests. He plans to test the first week of April, so mark your calendars.

Now is the time to take advantage of the winter months to tune up and get your body in competitive shape!

Cold winter weather does bring the need for extra layers of clothes, but it does not bring the need for extra pounds. Here are some exercise suggestions to ensure weight gain is not an inevitable result of the winter holidays:

Stay Motivated: Exercise can help those “winter blues.” Make an appointment with yourself to exercise 20-30 minutes each day. For extra motivation, use that scheduled time to workout with your spouse or friend.

Move Indoors: You may want to consider circuit training, which incorporates cardiovascular exercise along with muscular strength and conditioning. The Fitness Center offers both lunchtime and evening circuit classes. Many 3rd Wing units also hold circuit training for their members. You may also want to consider walking at the mall or at an indoor track (Eagle River: MacDonald Ice Arena; South Anchorage: Tesoro Ice Arena; Midtown: Dempsey Ice Arena; Elmendorf: Arctic Oasis-walk the indoor perimeter.) The hardest part about this type



PHOTO BY STAFF SGT. DAVE DONOVAN

Members of the 3rd Mission Support Squadron gather together at the Fitness Center for some group exercises.

of exercise is just getting there.

If you use the base Fitness Center, one of their personal trainers can show you how to use the equipment. You can also try one of their many cardio classes, which are taught by certified instructors.

If joint pain is your issue, the pool could be your exercise of choice. The Fitness Center has 25 Aqua Joggers, belts you can wear around your waist to keep your head and shoulders above the water. You can run or even walk back and forth across the water wearing an Aqua Jogger and you don’t need to be an experienced swimmer to enjoy this form of exercise.

Brave the outdoors: Many sporting goods stores have attachments you can place over your walking or running shoes to prevent you from slipping on the ice. Some running stores also sell metal screws that you can screw into the bottom of your running shoes. You may want to consider learning a new outdoor

sport, like cross-country or down-hill skiing. There are an unbelievable amount of lit trails throughout Anchorage specifically for cross-country skiing. We also have our own Hillberg Ski Trails with instructors available to teach you. Check with the Outdoor Recreation Center for the next available classes on how to cross-country ski.

If you do decide to brave the weather and go outdoors, be sure to dress appropriately. Dress in layers and always ensure that the layer closest to your skin consists of some type of synthetic material, not cotton. These synthetic fabrics are designed to keep moisture away from your skin.

The next layer should consist of some type of insulating material, like polar fleece, to provide you the warmth you need. Your outer-most layer should be dependant on the weather outdoors. If it is raining or snowing, a waterproof and windproof outer layer is necessary. Cover your

head and face if required.

You should always drink plenty of water to prevent dehydration. The drier, cold air in winter is responsible for an increased water loss through breathing, which may lead to long-term dehydration, ultimately increasing your risk of frostbite. Be sure to exercise defensively, beware of slippery surfaces and ensure that others can see you by wearing reflective clothing. Also ensure that motorists have enough room to stop. An important recommendation to avoid cold injuries is to listen to your body’s warning signals: cold feet and hands and shivering are the first signs of negative body heat content.

These are just some ideas of how to keep active and fit during the winter months. Get started now because before you know it, Colonel Snodgrass will be running and you’ll want to “Beat the Boss” for that day off!

Health and Wellness

The Elmendorf Health and Wellness Center, located at the Arctic Oasis Community Center building, has several classes and services available.

For more information or to register, call 552-2361 or 552-9959.

Back to School

A physical therapist will be available to show individuals how to prevent and treat back problems, Jan. 11, Feb. 8 and March 8 at 3:30 p.m.

Fit Pregnancy

Exercising during pregnancy is good for both the mother and the baby. Classes are at 10 a.m.

Jan. 25, Feb. 22 and March 29.

Circuit Training

Experience a full-body workout in a short amount of time at noon Jan. 25, Feb. 25 and March 25.

Stress Management

Learn how to take control and manage your stress from 1 to 3:30 p.m. Jan. 28, Feb. 25 and March 25.

Tobacco Cessation

Those looking for help to quit smoking or the

use of other tobacco products may sign up.

Weekly classes are available at 11 a.m. or 5 p.m. beginning Jan. 4.

Stability Ball

Experience a totally new way to exercise using a stability ball during the 1 p.m. class Jan. 7, Feb. 3 and March 3.

Crunch Classes

Get a workout on your abdominals for better looks and an improved fitness score.

Classes offered Jan. 28, Feb. 24 and March 25 at 1 p.m.